

Bunning's thesis

Although Bunning's original thesis primarily involved working through the tactile, proprioceptive and vestibular sensory channels, there seems no reason why other sensory channels should not be worked on. The list of objects you can use in a programme is only limited by your imagination.

Here are some examples:

- Uncooked pasta;
- Uncooked rice;
- Uncooked beans;
- Water (in all its forms) – warm, cold, bubble bathed, iced, etc.;
- Dough;
- Various balls of all descriptions and sizes;
- Sea shells;
- Jelly (again in all its forms of various solidity and consistency including raw);
- Bubble wrap;
- Non-mix paint in a sandwich of cling film sealed with gaffa tape;
- Feathers;
- Hand-cream;
- Cornflour paste;
- Jack-in-the-boxes;
- Scouring pads;
- Stickle bricks;
- Mashed potato (again, in various levels of consistency and warmth);
- Dry cereal;
- Peek-a-boo with a blanket;
- Spinning secretary's chair;
- Rocking chair;
- Swings;
- Hoists;
- Water filled balloons;
- Round and round the garden;
- Fine water spray;
- Bells;
- Various mobiles;
- Leaves; mirrors;
- Slime pots;
- Vacuum cleaner with nozzle attachment;
- Latch-switch operated fans;
- Latch-switch operated music;
- Sand – dry, wet, half wet, etc.;
- Clay;
- Shaving foam;
- Foot spa;
- Vibrating cushion and other vibrating toys;
- Bumble ball;

- Sponges;
- Various materials, eg felt, leather, satin, lycra, hessian, fur, etc.